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VOL. I.

HONOLULU, HAWAHAN ISLANDS: MONDAY EVENING, SEPTEMBER 11, 1893.—SIX PAGES.

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Curios,

THE HEARTS OF WOMEN. Weakness Found in Them by the Doc-

NO. .142

The records of the examining physicians in the women's gymnasiums all over the country show a surprising fact—the most prevalent organic disease among women is heart trouble. Alto fall in with the general result, and than men who suffer from some kind of heart trouble. The causes of "heart failure" are many, just as there are many causes of any kind of muscular weakness. One cause, possibly the most frequent, is the habit of tight acing, which still prevails to an abominable extent, although, happily, it is diminishing just now, the ratio of

s that girls do not exercise properly, and the circulation of the blood is impaired. The heart is really a hollow muscle, divided into four chambers, whose openings are fitted with little traploors, which open and close with wonderful exactness, and which are prevented from swinging too far by delicate muscles. Any of the parts of the heart may become weakened, and serious trouble is sure to follow. Had we in place of hearts dilated blood vessels, like the worm, or better-de veloped hearts, like that of the bird,

that is, the larger the brain the larger

the waist, and vice versa. Another

reason for heart trouble among women

Life Insurance Co we might escape a number of heart derangements. Any woman who would like to see an enlarged copy of her own heart has only to buy a sheep's heart. Imagine it to be the size of your fist and lying in the left middle cavity of your chest just behind the breast bone and ribs. Cut this sheep's heart lengthwise on each side and examine its structure. One of the large chambers has thin walls, the other has walls more than twice as thick. There are two small chambers above which open into the larger ones with the same valuable ad-

ostments and little cords. If the valves in the human heart get ough on their edges by inflammation or by a deposit from the blood, or if the cords become loose so that the German -American valves swing in too far, the blood will leap back into the cavity whence it has been pumped by the regular contraction of the heart. The continuance of this forms one serious organic disease of the heart. A woman may think her lungs are weak because she puffs and Assets \$5,879,208 oo a hill. Most likely the trouble is with the heart. On the other hand, she may have palpitation and pains so sharp that she thinks she may die at any moment, when the real trouble is gaseous dyspepsia. Her heart is sound, but her dinner and her stomach are at

But the kind of palpitation which from fatty nearts is dangerous. Fatty hearts exist in persons who have led inactive lives; who have eaten, drank and been merry. The internal rgans take on fat and pack their intercellular spaces with oil cells. Naturally the heart, which pumps all the blood of the body through its chambers ASSETS Dec. 31, 1892, \$175,084,156.61 hundreds of times an hour receives its full share of fat from the blood. This settles into the muscular walls and puts an end to good cotraction and dilation. This is also the condition of the hearts of drunkards and of people who have aken more alcohol into their systems than can be excreted.

> s doing and take slow leg movements. The movement called "Preparation for Jumping" is a good one. You rise on your toes, holding the hands on the \$ 6,000.000 hips with the ingers hips with the fingers forward. Bend rise on your toes again. This should be repeated three times very slowly. Another movement good for palpitaation is to lean against a doorway and

When the heart is beating too fast

a woman ought to stop in whatever she

otate both legs alternately, beginning with the ankle, then slowly letting the whole leg rotate in a small circle. Another movement is to lie on a flat surface and make knee bendings alternating right with left, very slowly and

thoroughly.

with the hands at the side and heels together, with the toes turned out. Raise the arms slowly outward, palms down, arms perfectly parallel and downward, taking meantime a full deep breath. Another exercise which any woman an take without any preparation is to stand with hee's together and raise the arms outward to a level with the shoul-

ders and then slowly rotate them. The

head should bend backward, the chest

should be well arched, and there

should be a long inspiration with each

Continuing the exercise, stand erect

rotation. Many motions much more violent can be taken when heart disease is in BOWS, T-WAYS, GLOBE VALVES, its incipient stages. Many exercises STEAM COCKS, and all other fittings are capable of arresting further development of valvular trouble and of preventing the deposit of fat. Climbing hills, going up stairs slowly with good breathing-in fact, any strong leg movements are beneficial, and with moderation a woman can carry on a system of home gymnastics which may cure her entirely, but if she attempts regular gymnasium exercises she should Native Fans and Island be examined and carry on certain exercises only, not too violent, and which are prescribed in all the large gymnasiums, these increasing in force as the weak member returns to its normal

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brains and waists being in proportion;